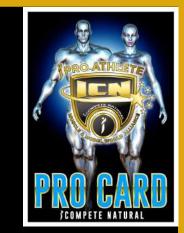
#### **CORE CATEGORY**





# Ms. Fitness Model

Developed muscularity with emphasis on an overall balance of all muscle groups between upper and lower body. Less muscular than a figure competitor but lean and conditioned to show defined 6 pack abs and obliques, capped/rounded shoulders and back definition to be seen. Walk and poses like a Fitness model.



## Judging Points

- 1. Wide capped shoulders, broad back and small waist while having more conditioned than a Sports Model. Increased definition in the legs and glutes.
- 2. Muscularity and Symmetry is a major judging factor for fitness models.
- **3. Stage presence, confidence, walk & presentation**
- 4. Overall Fitness model appearance.

### <u>Attire - You are required to supply your own Bikini</u>

- 1. Two-piece stage bikini (any fabric, connectors and crystals)
- 2. Stage jewellery of choice
- 3. Clear stage heels (any height).

#### **Stage Walk & Posing**

Fitness Models will walk on stage and present themselves on the line in a relaxed position.

1. As a group, athletes will perform 4 quarter turns (front pose, side pose, back pose and opposite side pose) A comparison round of quarter turns may follow for the top contenders.

#### **Category Subdivisions**

Ms Fitness - First Timers , Ms Fitness - Novice, Ms Fitness - Open, Ms Fitness - 21 and Under Ms Fitness - 30+ , Ms Fitness - 40+ , Ms Fitness - Momma's